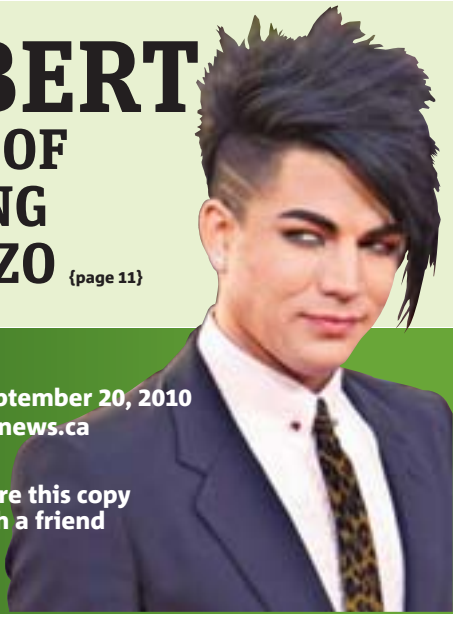
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HEADING BACK HOME AT AGE 27
AUTHOR RETURNS TO THE NEST {page 12}



LAMBERT ACCUSED OF ATTACKING PAPARAZZO {page 11}



OTTAWA metro®
Monday, September 20, 2010
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Record numbers for Army Run

- Event raised close to $60,000 for injured soldiers and military families
- Organizers call it the fastest-growing run in Canada

STEVE COLLINS/FOR METRO OTTAWA



▶ Army Run participants cross the finish line near the Cartier Drill Hall in Ottawa yesterday.

More than 14,000 people ran, walked or rolled out for the Canada Army Run yesterday, up from 11,000 last year.

Two courses, a five-kilometre run and a half-marathon, helped ensure everyone could participate in the event, which raises money for Soldier On and the Military Families Fund.

Mayor Larry O'Brien laced up his running shoes for the 5K run, as he has every year since the Army Run began in 2008.

"It's just great to see the city of Ottawa celebrating the military," he said. "I've been with it for three years and this is the biggest and best yet." STEVE COLLINS

Local

Marking the Battle of Britain

Ceremony observes 70th anniversary of historic Second World War victory 21 Canadians perished during battle {page 3}

Brandy gets her groove on for TV



Nerves rising as 11th season of Dancing With the Stars looms {page 9}

Stewart, Colbert plan rival rallies

Call for sanity vs. march for fear in Washington, D.C. {page 10}

Feds muzzling scientists

Newly tightened rules conflict with openness policy {page 4}

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Accounting and Payroll Administrator

Program Objective
The objective of this program is to train students in the practices of financial accounting and payroll in Canada. This program focuses on three key elements that exposes each student to gain an understanding of the theoretical principles of accounting and payroll, the practical "hands on" skill required to do the job and the communication skills needed to work within an office environment. Each successful student will have the necessary skills to enter into the workforce and maintain a complete set of books, both manually and with computerized systems.

Career Opportunities
Graduates of this program will have the opportunity to enter the workplace with the skills to perform the tasks carried out by employees within accounting departments such as Accounts Receivable, Accounts Payable, Billing, Payroll and Collections. Employers are looking for competent accounting and payroll professionals who are trained to effectively collect, record, organize and prepare financial records. An accounting background is one of the first steps into Business Management.

Accounting and Payroll subject matter includes:
Technical Skills
- Bookkeeping & Financial Accounting–Levels 1 & 2
- Intermediate Accounting
- Computerized Accounting, Simply–Levels 1 & 2
- Computerized Accounting, AccPac–Levels 1 & 2
- QuickBooks
- Introduction to Payroll
- Human Resources
- Introduction to Business
- Effective Business Writing



Fitness and Health Promotion

NEW

Program Objective
The objective of this program is to provide the theoretical knowledge and the practical skills required to plan, market, and deliver safe and effective fitness and health services to individuals and groups in diverse settings.

Career Opportunities
Starting your own personal training business is an option! Corporations and hotels that offer leisure and wellness programs are other options. Opportunities also abound in:
- Fitness and Health Clubs
- Retail Fitness and Sports Stores
- Municipal Recreation Centres
- Health Promotion Agencies
- Hospitals and Rehabilitation Clinics



Fitness and Health Promotion subject matter includes:
- Anatomy and Physiology
- Exercise Physiology
- Nutrition and Wellness
- Community and Civic Life
- Leisure Program Design & Management
- Group Exercise
- Fitness Assessment & Program Design
- Biomechanics & Kinesiology
- Personal Training and Programming
- The Business of Personal Training
- Advanced Exercise Techniques

Certification
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- Personal Trainer Specialist
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Thirty years of the Terry Fox Run

The Terry Fox Run turned 30 yesterday as a parade of running shoes, bikes, rollerblades, wheelchairs and strollers continued Fox's Marathon of Hope in Ottawa.

"It has turned out to be a spectacular day," Ottawa run organizer Dave Stephens said. "We don't know how many people we had in official numbers, but eyeballing the crowd, it was a huge turnout."

Over the past 30 years, the Ottawa Terry Fox Run has raised over $4 million in pledges and donations for cancer research. Worldwide, runs in more than 40 countries have raised over $550 million.

Many participants run for someone special. Jill Chouinard said that as she ran, her thoughts were with her father, who died of cancer, and with Terry Fox himself.

"Going up the last three kilometres, I was thinking, here's a guy who ran with one leg on his own, day after day after day," Chouinard said. "I felt like I was hobbling, and I have two legs."

STEVE COLLINS

STEVE COLLINS/FOR METRO OTTAWA



▶ Jill Chouinard, left, and Blake Walters finish the Terry Fox Run yesterday.

Air Force marks the Battle of Britain

Seventieth anniversary of WWII battle observed More than 100 Canadian pilots flew with the RAF

In the middle of 1940, a seemingly irresistible German military had swept across Europe and was preparing to invade Britain.

Before they could risk a land invasion, the Nazis first had to eliminate the Royal Air Force. Despite the Luftwaffe having superior numbers and aircraft, the RAF held them off for three months and eventually handed the Nazi military its first defeat of the war.

The victory came at huge cost of life, said Anthony Cary, British High Commissioner to Canada at a ceremony yesterday to mark the 70th anniversary of the victory at the Canada Aviation and Space Museum.

The average life expectancy of a Spitfire pilot during that battle was only four weeks, said Carey.

Twenty-one Canadian pilots died during the battle and another 33 who fought there would not survive the war. "Think of the boys you know today, your sons and grandsons, as the young pilots of 1940, many of them barely trained. No wonder their achievement over the skies of southern England still rings down over the years," he said.

"It stands out as one sharp shining moment in our history."

The Battle of Britain has been called, without hyperbole, a turning point in the history of the 20th century.

TIM WIECLAWSKI

"The Battle of Britain came at a time when we stood together ... to fight, not only for our lives, but for a cause for which we had not one iota of doubt."
ANTHONY CARY, BRITISH HIGH COMMISSIONER TO CANADA

TIM WIECLAWSKI/METRO OTTAWA



▶ Gov. Gen. Michaëlle Jean inspects members of Air Cadets at a commemoration parade yesterday at the Canada Aviation and Space Museum.

1 news

News on the move

1 Download the free ScanLife application with your smartphone at 2dscan.com

2 Use the ScanLife application on your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to relevant content at **m.metronews.ca**

Correction

In an article on Slice's Saturday night lineup in the Sept. 17-19 edition of Metro, the TV network was incorrectly identified. Tori & Dean and the Real Housewives of New York, New Jersey and Washington, DC, air Saturday night on Slice.

METRO

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$147 SUDBURY
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$179 TIMMINS
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IMMIGRATION

U.S. needs illegals: Powell

Former secretary of state Colin Powell says illegal immigrants do essential work in the U.S. and he has firsthand knowledge of that — because they fix his house.

Powell, a moderate Republican, urged his party yesterday to support immigration generally because it is "what's keeping this country's lifeblood moving forward."

In an interview with NBC's Meet the Press, he said a path to legal status should be offered to illegal immigrants in the U.S.

He added: "They're all over my house, doing things whenever I call for repairs, and I'm sure you've seen them at your house. We've got to find a way to bring these people out of the darkness and give them some kind of status." THE ASSOCIATED PRESS

Igor's rain to fall in Canada?

As hurricane Igor lashed Bermuda yesterday, forecasters in Canada warned residents of eastern Nova Scotia and much of Newfoundland to brace for heavy rain today and tomorrow.

Environment Canada said the massive storm wasn't expected to make landfall in Atlantic Canada, but Igor's rain bands were predicted to interact with a separate trough of low pressure over Newfoundland.

"While the centre of Igor is expected to pass well southeast of (Newfoundland's) Avalon Peninsula later on Tuesday, it is expected to spread heavy rain across much of the province during the day," the Canadian Hurricane Centre said in a statement. THE CANADIAN PRESS

88 Calgary-based Husky Energy removed 88 workers from two semi-submersible drill rigs working the White Rose offshore oilfield off the coast of Newfoundland, said Colleen McConnell, a company spokeswoman.

Taiwan. Typhoon



▶ Women struggle against powerful gusts of wind generated by typhoon Fanapi yesterday in Taipei.

CHIANG YING-YING/THE ASSOCIATED PRESS

Fanapi tears into Taiwan

The powerful typhoon Fanapi ripped into Taiwan yesterday, crippling transportation around the island and shutting off power as thousands of residents fled mountainous areas prone to devastating landslides.

Sweden election. Flowery tactics



▶ Sweden's Christian Democrat party Leader Goran Hagglund, left, presents flowers on election day in Stockholm.

PONTUS LUNDAHL/THE ASSOCIATED PRESS

Sweden's vote signals possible rightward shift

A far-right party entered the Swedish parliament for the first time in elections yesterday, spoiling the government's majority and plunging the country into political disarray, preliminary results showed. Prime Minister Fredrik Reinfeldt was seeking to become the first centre-right leader to win re-election, but the Islam-bashing Sweden Democrats held the balance of power after winning 20 seats in the 349-seat legislature.

Controlling the message

Media encounter government communications policy at odds with practice PR professionals, research scientists say they're alarmed

Canada's scientific community is buzzing over newly tightened rules that further restrict government researchers from speaking with the media about their work.

Yet the No. 1 policy statement for government communications, according to Treasury Board, is to "provide the public with timely, accurate, clear, objective and complete information about its policies, programs, services and initiatives."

The directive is part of the "Communications policy of the Government of Canada," posted on the Treasury Board website.

The policy calls on public servants to speak "openly."

"Encourage public service managers and employees to communicate openly with the public about policies, programs, services and initiatives they are familiar with and for which they have responsibility," says the document.

"Openness in government promotes accessibility and accountability. It enables informed public participation in the formulation of policy, ensures fairness in decision making and enables the public to assess performance."

Yet recent access-to-information documents obtained by PostMedia News reveal that all media inquiries to scientists working for Natural Resources Canada must now pass through a Byzantine thicket of "subject matter experts" and the minister's director of communications — "no exceptions."

"I don't know how anyone can make the argument that objectively society is better served by having filters through a minister's office."
JEFF HUTCHINGS, BIOLOGIST, DALHOUSIE UNIVERSITY

As one bureaucrat warned in an internal email: "What may appear to be a simple request for facts may actually relate to policy or high-profile issues."

The email puts in print what journalists covering the Harper government deal with on a daily basis.

"It's a huge concern among professionals in the public service," said Gary Corbett, president of the Professional Institute of the Public Service of Canada.

"This goes to other questions about the value the government places on the advice of the professional public service — scientists who work on everything from climate change to emerging diseases to emerging pests." THE CANADIAN PRESS

Professor: Timing is everything

John Drummond, the Canada Research Chair in Remote Sounding of the Environment at Dalhousie University, said there's a very real issue of information timeliness — something the government communications policy recognizes when it stresses "the capacity to respond effectively ... in a 24-hour, global communications environment."

"If you push this to the limit, is the weather forecast a matter for government approval before it can be published?" he said. THE CANADIAN PRESS

NASA scientist to testify at Total oilsands hearings

Mine expected to produce 100,000 barrels of bitumen a day

One of NASA's top scientists will appear at hearings into a proposed oilsands project to warn about the climate change consequences of approving Total E&P Canada's $2-billion plan to build the Joslyn North mine.

James Hansen, head of the Goddard Institute for Space Studies, is slated to testify at public hearings into the proposal, which begin tomorrow in Fort McMurray, Alta.

Hansen, sometimes dubbed the godfather of climate change science and who has spoken out against the oilsands before, will appear for the Pembina Institute, an environmental think-tank that is intervening in the hearing. Total received regulatory approval this week for an upgrader.

THE CANADIAN PRESS

"He's a star witness."

GODDARD INSTITUTE SPOKESMAN SIMON DYER, WHO SUGGESTED HANSEN MIGHT BE APPEARING AT THE END OF SEPTEMBER, ABOUT THE SAME TIME HOLLYWOOD DIRECTOR JAMES CAMERON IS SLATED TO MAKE HIS OWN HIGH-PROFILE TRIP TO THE CONTROVERSIAL DEVELOPMENTS.

BRENDAN HOFFMAN/GETTY IMAGES



James Hansen, head of the Goddard Institute for Space Studies, is slated to testify at public hearings tomorrow in Fort McMurray, Alta.

Economic downturn becomes slump

Two years removed from what many feared would be the total collapse of the world economic and financial systems, Canadians may be forgiven for asking — "What was the big deal?"

The most severe global recession in six decades fizzled into a run-of-the mill slump in Canada lasting three quarters and costing just over 400,000 jobs, a mere 2.4 per cent of the labour force.

And as the second anniversary of "the Great Recession" approaches, superficially at least, Canada's economy appears to be just about where it started.

The economy has recouped all of the jobs that vanished in late 2008 and 2009.

THE CANADIAN PRESS

Coke Zero becomes a hero

Young guys don't like diet soft drinks.

Almost 10 years ago, Coke executives set out to change that, and in 2005 they launched a brand that defied the odds: Coke Zero.

Coke Zero has not just grown, but notched 17 straight quarters of double-digit sales increases. It is now sold in 130 countries, including powerhouse markets such as Brazil and Mexico.

It is perhaps the most successful new soft drink of the last decade, a billion-dollar brand mentioned in the same breath as Coca-Cola, Diet Coke, Sprite and Fanta.

METRO

COURTS

Black preps for appeal

Conrad Black's lawyer and U.S. prosecutors are preparing for an appearance in an appeals court later this month that will decide whether the former media mogul remains free or returns to a Florida prison.

The former Hollinger Inc. chief executive is currently free on bail from a Florida prison where he was serving a six-and-a-half year sentence on fraud and obstruction of justice. A bail status update has been pushed back from Monday to Oct. 19, if the appeals court hasn't handed down a decision on the case by then.

The defence and prosecution attorneys are to make their cases in person on Sept. 29 before a panel of three judges.

THE CANADIAN PRESS

Market moment

TSX	Dollar	Oil	Natural gas
12,164.56 (Friday)	96.96¢ US (Friday)	$73.66 US (Friday)	1,000 cu ft $4.024 (Friday) Gold contracts $1,275.60 (Friday)

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Doer: U.S. bill unfair

Warns protectionist measures would 'adversely interfere' with trade

FRED CHARTRAND/THE CANADIAN PRESS



▶ Canadian ambassador-designate to the U.S. Gary Doer has issued a warning to U.S. congressional leaders.

Canada's ambassador to the United States has issued a stern warning to the most powerful congressional leaders on Capitol Hill over a protectionist piece of legislation that "will have a disproportionally negative impact on intertwined U.S.-Canada supply chains and on jobs in both our countries."

In a letter, Gary Doer also points out that the bill, called the Foreign Manufacturers Legal Accountability Act, violates World Trade Organization obligations and the North American Free Trade Agreement.

"As Congress considers this legislation, we trust that any legislation that moves forward would respect United States' international trade obligations," he recently wrote to Nancy Pelosi, speaker of the House of Representatives, and Harry Reid, Senate majority leader.

The act, which would ban imports from companies that don't have an American agent with a U.S. address, is aimed at ensuring that foreign manufacturers of defective products can be served with legal papers. It could face a House vote soon.

THE CANADIAN PRESS

Veteran benefits to increase

TOM HANSON/THE CANADIAN PRESS



▶ Jean Pierre Blackburn

The governing Conservatives tried to diffuse anger among wounded war veterans yesterday by announcing a $2-billion plan to improve benefits.

The government's five-year plan includes an additional $200 million for the most seriously wounded vets, Veterans Affairs Minister Jean Pierre Blackburn told a news conference.

That translates to an extra $1,000 each month for seriously wounded veterans for the rest of their lives, he said. That amount will be on top of 75 per cent of their salaries, as well as a permanent monthly allowance of $536 to $1,609.

"The government is and always will be there for them and their families," Blackburn said.

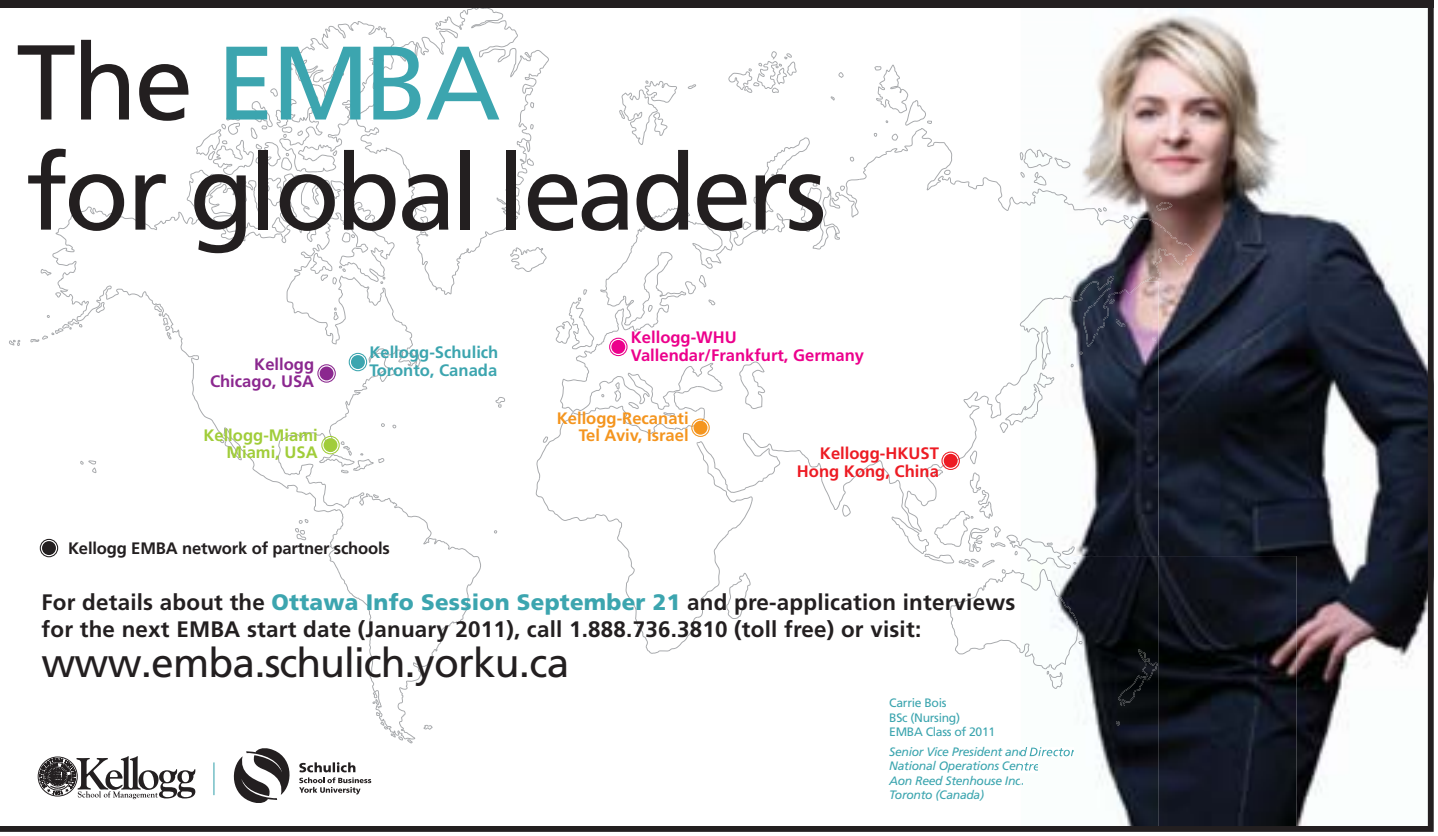
Many wounded veterans have complained their benefits are woefully inadequate, blaming "penny-pinching" bureaucrats.

The Tories appeared stung by the attack from veterans and their ombudsman, retired colonel Pat Stogran. THE CANADIAN PRESS

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EVEN POLITICIANS DISLIKE OUR POLITICS

Urban Compass

STEVE COLLINS



Dissatisfaction with politics as usual is hardly a new phenomenon, but the malaise seems to be mounting.

Voter turnout in most jurisdictions continues to sink and, in a new poll commissioned by the Public Policy Forum, 65 per cent of respondents saw question period in the House of Commons as "just a forum for politicians to grandstand for the media and try to score cheap, political points."

I wonder if the other 35 per cent just don't get CPAC.

Just down the hill, we're in a municipal election, and even some of those running for office appear disillusioned with the campaign.

The first mayoral all-candidates debate, at Andrew S. Haydon Hall, was notable for the premature and exasperated departure of the venue's namesake, the former regional chair and candidate for mayor.

"This ain't democracy," Haydon was reported to grumble as he bailed on the meeting.

The problem was that nobody in the audience had any questions for him, directing them instead to perceived frontrunners Jim Watson and Larry O'Brien. Would it be more democratic to force otherwise uninterested voters to ask Haydon questions?

"'This ain't democracy,' Haydon was reported to grumble as he bailed on the meeting."

Bay Coun. Alex Cullen, meanwhile, abandoned the race before it had officially begun, frankly explaining he couldn't raise the required money. He has repeatedly criticized the role of corporate campaign contributions — particularly from developers — in municipal politics. The Catch-22 is that refusing to accept their cash himself, Cullen seems to have taken himself out of the running for the office in which he could most likely do something to reduce the money's influence.

As for O'Brien and Watson, both have for weeks been alternating between trading cheap shots and complaining about the other guy's cheap shots.

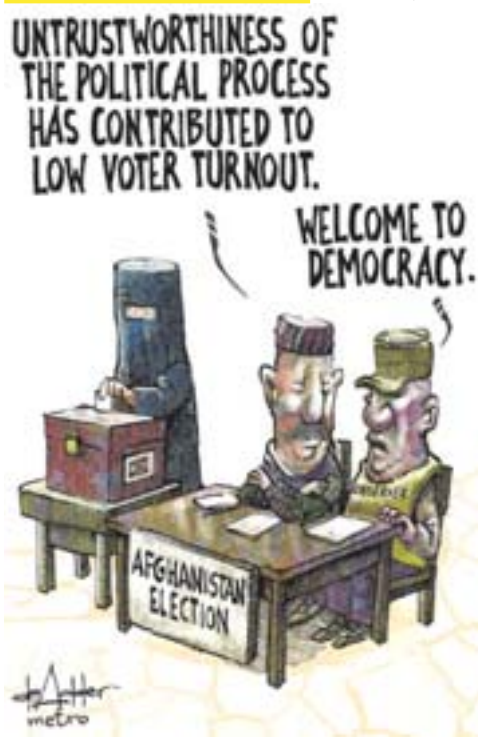
We might wish the candidates would stick to policy but, as Watson demonstrated with his proposed ethics reforms for city hall, it's entirely possible to take a plank from your platform and use it to whack your opponent.

Watson pointed out that since his election in 2006, O'Brien's company, Calian Technologies, of which the mayor remains a board member and shareholder, went from doing $167,000 to $1.8 million in business with the city. Watson prudently avoided any allegation of wrongdoing, just stated that the optics were bad.

One can't assume a cause and effect relationship between Calian's fortunes and the election of its founder as mayor, but if I were a Calian shareholder, I'd vote for Larry, just to be safe.

Cartoon

MICHAEL DE ADDER



No love for Lohan

Letters & Tweets

Can you people not find any else to write about besides Lindsay Lohan? Every day I cringe at seeing her picture and another article. She's often on the front page!

I talk to friends about this and they are all in agreement: We are sick and tired of it!

Who gives a damn? We sure don't, and if this paper was not free, I would certainly not be paying for it. It's sad though that you waste time and space printing this crap.

Don't you get it? We are not interested! Why don't you take a poll of your readers? It is so annoying I just had to write you.

Please find something of value or interest to tell us about. Thanks.

RICHARD GALLANT

WHITBY. I am a firearms owner and I am against keeping the long-gun registry. Unlike registering my car — only necessary if I use it on public roads — I am considered a criminal for not registering my firearms, even though I may not take them out of my house.

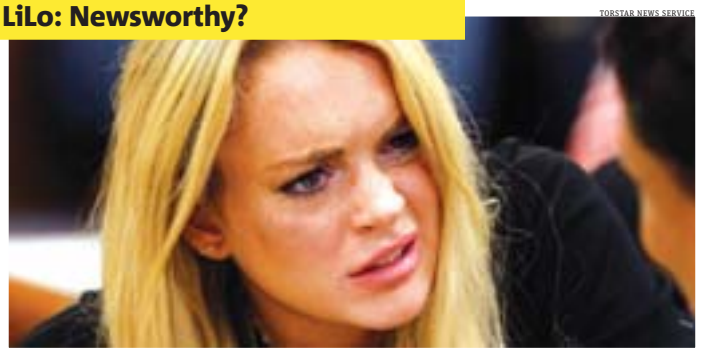
Motor vehicles are far more deadly to our society than firearms have ever been.

I believe the LGR is nothing more than a tool to help governments in confiscation of private property.

PETER SEDGE

LiLo: Newsworthy?

TORSTAR NEWS SERVICE



What song best describes you?

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Metro Minute with legal graffiti

Done poorly and illegally, graffiti is vandalism, but when a talented artist has the time and permission to work, there is no question of its artistic merit.

Check out the work of some of Ottawa's top graffiti artists at the Tech Wall located at the intersection of Slater Street and Bronson Avenue.

The legal wall is an experiment by the city's graffiti management strategy to see if it can reduce the amount of illegal graffiti an area.

Research has shown this works in the short term, but in the long term it can increase illegal graffiti due to mixed messages about its acceptance in a neighbourhood.

TIM WIECLAWSKI

TIM WIECLAWSKI/METRO OTTAWA



▶ The wall can be a great backdrop for portraits.

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HWY: 8.1 L/100 km – 48 mpg
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R&B songstress Brandy battles nerves (and lost wardrobe dreams) before her debut on the 11th season of Dancing With the Stars ● Dancing partner Chmerkovskiy finds his groove with 31-year-old star

MATT SAYLES/THE ASSOCIATED PRESS



▶ Singer Brandy and her dancing partner, Maksim Chmerkovskiy, rehearse for Dancing With The Stars last week.

Brandy looking for fairy tale on dance floor

It's the night of the Dancing With the Stars premiere, 20 minutes until Brandy and her partner Maksim Chmerkovskiy dance live in front of millions, and the singer-actress can't find her performance costume.

Scrambling, she finally locates the dress, but now one of her dance shoes is missing. With time running out, she decides to perform barefoot, but she misses her cue and can't catch up for the duration of the dance.

Then she wakes up.

Brandy has spent several nights dreaming about Dancing With the Stars, and she confesses her anxious nocturnal sojourn during a rehearsal just days before the season premiere.

"A couple of nights before, I'd been dreaming about the mirrorball," she says, referring to the show's glittery trademark trophy. "So that's good."

But with the 11th season about to begin, her nerves are rising. "I have a hard time trusting the process and trusting the moment," she says.

Chmerkovskiy reassures her. A veteran of eight Dancing seasons, he says that if she makes a mistake, he's ready "with plans C, D and F to camouflage it, so you've got nothing to worry about."

After two weeks of working together daily, Brandy and Chmerkovskiy's playful chemistry is clear. He purposely pokes at her sore muscles; she warns that he better not drop her during one of their tricky turns.

"That's like telling Michael Jordan you better make that basket," the pro dancer says.

THE ASSOCIATED PRESS



▶ Randy Quaid

Quaid, wife accused of burglary

Actor Randy Quaid and his wife are facing burglary charges in California after the owner of the couple's old house reported they had been living there without permission.

A representative of the property owner called Santa Barbara County sheriff's deputies Saturday afternoon to report that squatters had been staying in the guest house illegally. When deputies arrived at the house that evening, they found Randy and Evi Quaid, who said they had owned the property since the 1990s.

The property owner's representative provided documents that showed his client had bought the home in 2007 from a man who had purchased it from the Quaids several years earlier. A contractor showed police more than $5,000 in damages to the guest house that he believed was caused by the Quaids.

Police arrested the Quaids on charges of felony residential burglary and entering a noncommercial building without consent, a misdemeanour.

THE ASSOCIATED PRESS

2 scene

In brief



Starz network says Spartacus: Blood and Sand star Andy Whitfield is leaving the show to battle a recurrence of cancer. Production of the Spartacus series' second season was postponed this spring when Whitfield was diagnosed with non-Hodgkin lymphoma.

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Sacha Baron Cohen to play Freddie Mercury in Queen biopic

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GETTY IMAGES
Jon Stewart

Stewart vs. Colbert

Show hosts go head to head with Washington rallies Stewart urging Americans to tone down political criticism, Colbert wants to escalate it

They'll be duelling rallies unlike any seen recently in the U.S. capital: The Daily Show host Jon Stewart urging Americans to tone down the angry political rhetoric, while pseudo-news nemesis Stephen Colbert exhorts his own supporters nearby to rage against Stewart's "dark, optimistic forces."

Stewart plans to host a Rally To Restore Sanity on Oct. 30 on the National Mall in D.C. for the Americans he says are too busy living normal, rational lives to attend other political demonstrations. Colbert, meantime, will shepherd his fans in a March To Keep Fear Alive.

"It is happening, people!" Stewart announced Thursday to cheers from the studio audience for his Comedy Central show.

THE ASSOCIATED PRESS



Black stars critical of Emmy choices

Taraji P. Henson agrees that minorities were not represented enough at the Emmys — and there are too few working in Hollywood.

Henson says "there were several times when I didn't even want to watch the Emmys because I mean, who am I looking at?"

Henson made the comments when asked on her thoughts about fellow actress Regina King's Sept. 3 blog post for the Huffington Post.

In it, the black actress criticizes the Emmys for under-representing minorities in its main categories.

In the same interview, actor Terrence Howard says that Hollywood is changing, for the better.

"The truth is, the country still has a lot more growth it needs to make."

THE ASSOCIATED PRESS

Award hosts

Henson and Howard will return this year as hosts of the Soul Train Music Awards. The specials marks its second year back since taking a five-year hiatus. It airs on Centric and BET on Nov. 28.

Keitel picks himself for lead role in The Office

Harvey Keitel says he'd be the "perfect choice" to replace Steve Carell on The Office.

He's just not sure he wants the job.

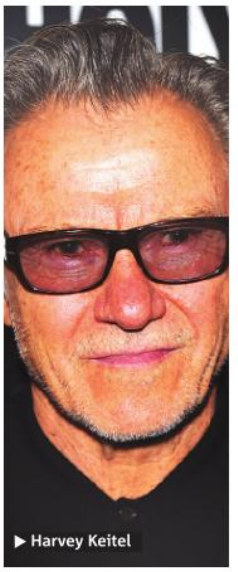
Carell has said this will be his final season playing Michael Scott on The Office, and a producer of the show was recently quoted as saying Keitel would be "probably the only guy" who could fill his shoes.

But Keitel says he hasn't been approached about the role.

While best known for tough-guy roles in Taxi Driver, Reservoir Dogs and Bad Lieutenant, Keitel has also done lots of comedy.

He was at the Toronto International Film Festival to promote A Beginner's Guide to Endings, a comedic drama in which he plays a serious role, and will soon be seen in Little Fockers and the spoof The Last Godfather.

"Well, if I have to answer you honestly, I think I'm a great idea for it. Would I want to do it? I don't know that," Keitel said Friday, when asked about The Office rumours.


Harvey Keitel

"One of the producers of the show spoke about liking some comedy things I had done like Monkey Trouble ... (and) he felt I had a comic area that was not tapped.

"Although I think it has been tapped ... I agreed with the guy — and that's what propels me to say I think I'm a perfect choice."

THE ASSOCIATED PRESS

GETTY IMAGES



▶ Russell Brand

Brand defends his fiancée

Russell Brand was arrested at Los Angeles International Airport after allegedly assaulting a photographer that was hounding him and fiancée Katy Perry, according to TMZ.

Brand later posted a $20,000 bond and was released. Around the time of the incident, Perry posted to Twitter that Brand was defending her honour, writing, "If you cross the line & try and put a lens up my dress, my fiancé will do his job & protect me." METRO

Bardem admits Cruz pregnant

Javiar Bardem has finally broken his silence about wife Penelope Cruz's pregnancy.

"It is true. I am very happy," he said when pressed for a comment at a press conference for Eat Pray Love in Rome. "Don't make me say anything else." When pressed on the challenges of balancing work and family, the tight-lipped actor said, "It is a little too soon for me to be giving any advice. I don't know yet. But I will find out soon." METRO

Lambert accused in assault case

American Idol runner-up allegedly got into fight with photographer ● Charges have yet to be filed

GETTY IMAGES



▶ Adam Lambert is in trouble after allegedly confronting a photographer who was taking pictures of him.

Former American Idol contestant Adam Lambert is accused of simple battery on a photographer in Miami Beach.

A police report says 38-year-old Victor Eras was taking pictures of the singer Thursday when Lambert started running toward him "in an aggressive manner."

Eras claims Lambert grabbed his back pack and wrestled him to the ground. The photographer did not suffer any injuries. He declined to comment to The Associated Press on Friday.

No arrests were made. A police spokesman says there will not be an investigation. The state attorney's office will review the report and decide if any charges will be filed. TMZ first reported the alleged attack.

Lambert's publicist did not immediately return a call seeking comment.

THE ASSOCIATED PRESS

Hilton pleads guilty

Paris Hilton has accepted a plea deal in connection with her arrest last month in Las Vegas, Nevada for cocaine possession, according to E! News.

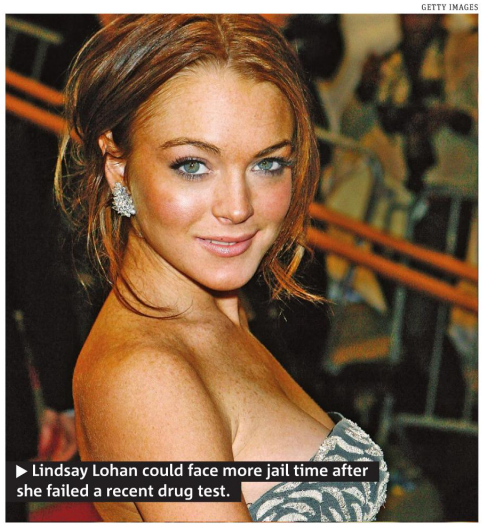
Hilton pleaded guilty to misdemeanor drug possession and obstructing an officer, and she must complete a drug abuse program, pay a $2,000 fine and serve 200 hours of community service.

"We fashioned a resolution which would give us complete control over her future," District Attorney David Roger says.

"If she does not toe the line and stay out of trouble, she will do one year in the Clark County Detention Center."

METRO

GETTY IMAGES



▶ Lindsay Lohan could face more jail time after she failed a recent drug test.

Lohan admits failed drug test

Lindsay Lohan has come clean about her drug addiction for the first time, taking to her Twitter account for a lengthy confession after news broke that she'd failed her first court-ordered drug test since leaving rehab early.

"Regrettably, I did in fact fail my most recent drug test and if I am asked, I am prepared to appear before Judge Fox next week as a result," she posted. "Substance abuse is a disease, which unfortunately doesn't go away over night… This was certainly a setback for me but I am taking responsibility for my actions and I'm prepared to face the consequences."

Lohan could face another 30 days in jail for violating her probation.

METRO

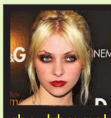
Celebrity tweets



Bill Maher [@billmaher] About to get my star on the walk of fame - this feels like the bar mitvah I never had - mostly cuz we were Catholic



Katy Perry [@katyperry] Signing up for a liver transplant now...



Taylor Momsen [@taylormomsen] Rob Zombie should remake the Exorcist



Steve Martin [@SteveMartinToGo] OMG. President Lincoln has been shot! Wait, whoa, my internet connection is SUH-LOW.

writers festival
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Nicholas Hoare, 419 Sussex Drive (A Free Event)



SEPTEMBER 20 @ 7:00 PM
SANCTUARY LINE with Jane Urquhart
Hosted by Elizabeth Hay
Mayfair Theatre,1074 Bank Street



SEPTEMBER 27 @ 7:30 PM
DAVID SUZUKI: THE LEGACY LECTURE
Dominion Chalmers United Church, 355 Cooper
Presented with Carleton Universtiy

STILL AHEAD: John English, Denise Chong, Margaret MacMillan, Tim Cook, Dan Snow, Joseph Boyden and John Ralston Saul.

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3 life

Bribes

Did you know...

Using gifts to motivate children to complete their homework does as much damage as it does good. While offering gifts may inspire a more enjoyable homework experience, according to a survey of more than 1,000 Canadian parents conducted by Ipsos-Reid, there are also some unexpected negative side-effects, such as children expecting a reward and rushing to complete their homework. What can parents do? Focus on praise and encouragement. This advice is courtesy of Kumon Math and Reading Centres, the world's largest after-school math and reading program

NEWS CANADA





Survival gardens: Backyard veggie plots can help families save cash. Scan code for news

HANDOUT



▶ Author Iain Reid had lived away from home for about a decade when a part-time radio gig lured him back to Ottawa. At the age of 27, he was moving back in with his parents, and adjusting to being a boomerang kid. He wrote a book about the experience, One Bird's Choice.

Leaving, and then returning to the nest

Humour and reflection: Iain Reid pens book about moving back in with his parents after being out on his own for almost a full decade

In his late 20s, Iain Reid headed back to his parents' empty nest as an underemployed and overeducated young adult still trying to find his way in the world.

After almost a decade on his own, including several years in the big city of Toronto, it was an adjustment for Reid to be a 27-year-old living on his parents' isolated hobby farm near Ottawa, where he had a summer radio gig reviewing books.

"Nothing had really changed," he said in an interview, musing about the early days of his arrival back home.

"My parents were a little different but nothing had changed. My room was identical to when I was in Grade 3. The posters were the exact same, so that certainly added to the feeling of sort of sadness when I first moved home."

"My room was identical to when I was in Grade 3."
IAIN REID ON RETURNING HOME

Reid has aptly captured the angst, humour and quirkiness of his year at home in a new book, One Bird's Choice .

He describes the old log house, setting up a study where he could write and helping with chores like tagging the sheep, gathering eggs and digging manure out of the barn.

Not to mention interactions with his parents, whether it's learning the trick to flushing the finicky toilet, teaching his mom how to use a computer or visiting the gym with his dad.

"The whole book obviously is poking fun at my parents a bit and poking fun at me a lot, but also it's a bit of an homage to them because I probably couldn't have done it without the support and letting me come back home."
THE ASSOCIATED PRESS

Boomerang kids

- Much has been said and written in recent years about the boomerang kids — young adults returning home — and those who don't move out, as portrayed in the movie Failure to Launch.

Sex-ed common in U.S., birth control-ed not so much

Almost all U.S. teens have had formal sex education, but only about two-thirds have been taught about birth-control methods, according to a new government report.

Many teens apparently are not absorbing those lessons — other recent data shows that after years of steady decline, the teen birth rate rose from 2005 to 2007. It dipped again in 2008, to about 10 per cent of all births.

The report from the U.S. Centers for Disease Control and Prevention is based on face-to-face interviews with nearly 2,800 teenagers in their homes from 2006 through 2008. Female interviewers from the University of Michigan asked the questions for the CDC.

About 97 per cent of teens said they received formal sex education by the time they were 18. Formal sex education was defined in the report as instruction at a school, church, community centre or other setting teaching them how to say no to sex or about birth control and sexually transmitted diseases.

Lessons about saying no and STDs were more common than instruction on how to use a condom or other birth control, the study found.

Overall, about two-thirds of teens got birth control instruction by the end of high school — about 62 per cent of boys and 70 per cent of girls.

In contrast, about 92 per cent of boys and girls reported being taught about sexually transmitted diseases, and almost that many learned about preventing infection with the AIDS virus. And about 87 per cent of girls and 81 per cent of boys were taught how to say no to sex. THE ASSOCIATED PRESS

No change

- Other research suggests that comprehensive sex education declined from 1995 to 2002, and this report seems to indicate that it hasn't changed since then, said John Santelli, a Columbia University professor of population and family health.

LARRY CROWE/THE ASSOCIATED PRESS



▶ Adzuki beans are leaping into the world of cooking.

Tasty adzuki beans jump into the mainstream

Get ready to spill the beans on adzuki.

Wait. You've never heard of adzuki beans? You will. Also known as azuki, aduki and Chinese red beans, these pint-sized packages of protein have been moving from the shelves of ethnic markets to big chains. They're even showing up in snack foods and ice cream.

"They're becoming a lot more mainstream," says Wendy Esko, marketing assistant in charge of product development and research at Eden Foods, which sells the beans under the name aduki. "In fact, out of the 33 kinds of canned beans that Eden offers, aduki beans rank No. 7."

And at Whole Foods, more than 8,000 kilograms of adzuki beans were sold last year just in California, according to Patrick Wyman, grocery co-ordinator for the chain's Northern California region.

Vibrantly coloured and sweet, adzuki are commonly used in desserts in Asian cooking. But in North America they often are put to savoury use, mixed into salads, cooked with rice and dropped into soups. Like other beans, adzuki are a good source of protein. Unlike many other dried legumes, they don't have to be soaked before cooking.

And now they've even made their way into snack foods. Boulder Canyon Natural Foods sells several varieties of chips made from rice and adzuki beans, including chipotle cheese flavoured and sun-dried tomato and basil.

The beans also are showing up in American gelato. Even Food Network's Emeril Lagasse and Robert Irvine have done recipes using them.

THE ASSOCIATED PRESS

Adzuki bean salad



Yields 6
Start to finish: 10 min.

Ingredients :

- 15 ml apple cider vinegar
- 30 ml lemon juice
- 30 ml extra-virgin olive oil
- 3 cloves garlic, minced
- 1 shallot, finely diced
- 2 ml salt
- 1 ml ground black pepper
- 1 ml cumin
- 455-ml can adzuki beans, drained
- 2 medium tomatoes, seeded and diced
- 250 ml chopped fresh parsley, lightly packed

Preparation:

1. Whisk together the cider vinegar, lemon juice, olive oil, garlic, shallot, salt, pepper and cumin.
2. Add the beans and tomatoes, then stir well to coat.
3. Add the parsley and toss well. Adjust seasonings as desired.

THE ASSOCIATED PRESS



Sustainable seafood

Fish is tasty and nutritious ◗ But many world fish stocks are exploited ◗ How do we protect our oceans?

The United Nations' Food and Agriculture Organization reports that more than 70 per cent of the world's fish stocks are fully fished, overfished or exploited.

Our oceans are facing an unprecedented crisis, causing Canadian grocers to think differently about the sources of their seafood, prompting the development of sustainable seafood policies to help protect our oceans. What does this mean for you?

According to Canadian Grocer, Loblaw Companies Limited, seafood sustainability means that the type of seafood caught can maintain or increase its population in the future without harming the ecosystems from which they come.

But sustainability is not just the number of available fish, it's also about changing the way we farm and catch fish. Certain fishing and farming methods have a negative impact on our oceans by damaging the marine environment.

Knowing the origin of the seafood you're eating is important. The same species of fish can come from different bodies of water, each with its own fishery systems that may not be sustainable.

Education is key. Read the package, read the labels and ask questions. Look for products carrying the Marine Stewardship Council (MSC) ecolabel.

NEWS CANADA



5 worst forest foods

◗ Has it ever crossed your mind that those cookie crumbs in your lap could be related to the wiping out of the world's rainforests?

1
Beef
The clearing of rainforests to create grassland for cattle to graze on is of huge concern. This will then lead to the degradation of soil and the pollution of rivers nearby. Was that juicy beef burger really worth it?

2
Palm oil
Rainforests, most across Asia, are being cleared for palm oil plantations, as this productive oil seed has become the number one wold food crop. It is a common substitute for partially hydrogenated oils and can be found in cookies to cereal or bread.

3
Rice
The forests of Asia are being destroyed in order to make room for rice fields, "paddies." Not only is this contributing to the loss of precious land and loss of habitat for many local species, rice fields emit the largest amounts of methane gas, between 50 and 100 million tons a year.

4
Corn
Following the U.S. subsidies tagged to corn for the production of ethanol, production has soared, especially in the Amazon rainforest.

5
Soy
More and more people are choosing to consume less meat, a decision that has led to an increase in demand for soy, the main ingredient used in making tofu (a staple of the vegetarian diet). Soy covers some 11 million hectares of forest across South America.

METRO

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The road back to work can be an uphill climb

Programs help women return to labour market after extended absence

When Patricia Virc took her first maternity leave, she had done so with the view that she would undoubtedly return to work, but perhaps in an area that was more family-friendly.

During her leave, the lawyer had even started a master's program in securities law to ensure she'd keep up to date with issues in the field, particularly if she decided to switch from private practice to working for government.

While Virc said she wasn't completely disconnected from work as she focused on raising her children, she spent six years out of the labour force.

The mother of three found herself confronting a familiar challenge not exclusive to — but largely faced by — professional women who take leave. Whether the time away is devoted to raising children, acting as a caregiver for an aging parent or an ailing family member, many women may find the road back to work after an extended absence can be an uphill climb.

"Having been sort of a high-performance person coming out of university and having gotten just the best articling job, I never had to go out and search for work. I always had sort of people just demanding my skill and getting just to choose where I wanted to work," recalled Virc, who had worked in corporate commercial litigation with a Toronto-based practice.

"Now I'm in a situation where I've been off for a while, entering in a very difficult economy, and the key thing when you're looking for a job is to be relevant and you can't live forever on past glories," she added.

Virc took part in ReConnect, a seven-day executive development program aimed at helping professional women re-enter the workforce at a leadership level. She was among the participants in the inaugural year of the CIBC-sponsored program, run by the University of Western Ontario's Richard Ivey School of Business.

Virc believed the program would — and did — cover changes in business, including advancements in technology and challenges arising as a result of the global and economic crises, among other issues.

"I did have a really interesting and successful career before I left, but nobody's really interested in hearing what you did six or seven years ago." PATRICIA VIRC

But she said she also gained guidance on the importance of the job search and self-marketing, which stressed the value of individuals investing in themselves as they would with any other business or money-making opportunity. She credits a combination of skills learned at ReConnect for helping her land her current job as legal counsel for Echo Energy Canada Inc.

THE CANADIAN PRESS

FRANK GUNN/THE CANADIAN PRESS



▶ After taking time off to focus on raising her three children, Patricia Virc of Echo Energy decided the time had come to re-enter the workforce.

Are you feeling overworked?

Work is not a marathon Career experts on how to live like you want by balancing your life and work

DREW HINSHAW
LIFE@METRONEWS.CA



Hard as it is to put the work-a-holic down, sometimes the best move you can make for your day job is to ditch it and play.

"We have a notion in our country that work is like a marathon, you just do more and more and more," offers Feeling Overworked author Ellen Galinsky. "That's out of sync with how our bodies operate. To be creative, we need time for rest and recovery."

Those rest and relaxation pit stops during the daily rat race can replenish more than your inner artist: It can let you live longer, sleep sounder, age with elegance, and churn out office accomplishments that will draw the envy of your over-toiled job mates.

"If businesses operated on how people actually function, we would be more efficient," Galinsky claims. She drums up a dreadful statistic concerning the 27 per cent of Americans whose job-related sleep troubles are sabotaging their jobs. Another 31 perc ent are debilitated by stress, she laments — and that was before the recession. When you're that stretched thin, stretch your legs, recommends Maggie Mistal, host of Sirius Radio's Making a Living.

"Taking occasional walks can make a huge difference," she notes. "The longer you sit at your desk the more you're at risk for health problems."

To get the most return from your workdays, ensure you're getting the most from your days away. Career mentor Cindy Pladziewicz says that means discovering some after-hours joy time, spent on pastimes pleasant enough to let you forget where you abandoned your iPhone.

"Find something that will engage you," she suggests.

The irony, Galinsky notes, is that those who invest the most of ourselves in our careers spend the scantest time reflecting on what it is we're chasing.

"If it often takes having an illness before people start living the way they want to," she observes. "We shouldn't have to make that responsible for living the way we want to live."

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Learning to let go

Parents need to let kids make transition to middle school



▶ While middle-schoolers sometimes push parents away, at other times, parents need to resist the impulse to step in and rescue them.

Transitioning to middle school is hard. Kids go from being big shots in an elementary school where they knew everyone, to being pip-squeaks in a school where they don't know anyone. They have six teachers instead of one, a new locker combination, and nobody to sit with at lunchtime.

"It's such a traumatic time, even for a well-adjusted elementary school student," said Dr. Joyce Stalwart, senior associate dean in The University of Alabama's College of Education. "They are coping with everything from changing classes to physical changes and hormones to increased academic expectations."

"It's a whole other world," said Lisa Merkin of Pinecrest, Fla., a mother of five with two children in middle school. "In fifth grade, they're still kind of coddled. But in middle school, if you don't have your homework, the teacher is not going to make a big deal of it. You're just going to get a zero."

There are also organizational challenges: "They need a binder for this and a binder for that. They have four minutes to get to their next class," Merkin said. And then there's the social aspect. In elementary school, they had friends going back to kindergarten. In middle school, Merkin said, "when they walk in the cafeteria, are they sitting by themselves?"

Complicating all of this is a change in the parent's role as kids "go from being babies to being teenagers. I remember wanting to be dropped off in the middle of the street so my mom couldn't kiss me goodbye!" Merkin recalled.

But while middle-schoolers sometimes push parents away, at other times, parents need to resist the impulse to step in and rescue them.

Rather than nagging a kid to do the work, arguing about it or intervening with teachers, the start of middle school is a good time to let students experience the real-world consequences of their choices — even if, at first, that means disappointment or failure.

"The only way we learn is through making mistakes, taking risks, trying things and experiencing the consequences," said Leif Gustavson, professor of education at Arcadia University in Glenside, Pa.,

Stallworth agreed: "Try not to solve those problems. Instead, listen to them and encourage and empower them to get through it."

I learned the wisdom of those words from my own children. Soon after my younger son started middle school, he came home one day utterly dejected, saying that he had no friends. Ever the helpful mom, I proposed having a pizza party and inviting all the kids in his homeroom as a way to make friends.

Fortunately my wise older son, already in high school, warned me to stay out of it and let his little brother make his own friends. He was right. Needless to say, within a few weeks, my younger son had more friends than he'd had in elementary school. Staying out of it was definitely the best thing I could have done. THE ASSOCIATED PRESS

"We should feel like we can engage in conversations about learning, why things are designed the way they are and what the goals are."
LEIF GUSTAVSON

When in doubt, talk it out

It can also be helpful to talk things out with kids when they're facing challenges, whether academic or social. But rather than offering solutions, parents should ask questions.

"Approach any situation with an open-ended question instead of a directive: 'So what do you think you should do about that?'" said Leif Gustavson, who is also executive director of an after-school writing program for teens called Qui Vive!

And make sure kids understand that the school is there to help them. Encourage them to talk to teachers if they're doing poorly in a subject. Perhaps there is tutoring available, or extra credit work. If they're having difficulty making friends, perhaps there are clubs, teams or other activities where they can meet kids outside of class. Many of my son's new friends came from drama and sports. THE ASSOCIATED PRESS







Favre hits new low as a Viking

- Quarterback has four turnovers, posts 44.3 QB rating in loss to Miami
- Minnesota falls to 0-2, coach says he expects increased urgency

JAMIE SQUIRE/GETTY IMAGES



▶ Brett Favre is sacked by Kendall Langford yesterday.

When Brett Favre made the decision, finally, to return for a 20th NFL season, he made it clear from the start that duplicating last year's magic with the Minnesota Vikings wasn't going to be easy.

Then again, he didn't think it was going to be this hard.

Favre was intercepted three times and the Miami Dolphins defence stopped Adrian Peterson on fourth-and-goal from the 1 to preserve a 14-10 victory over the Vikings yesterday.

After throwing two interceptions at the Metrodome all of last season, Favre accounted for four turnovers in the 2010 home opener, with the other a fumble on a sack by Cameron Wake in the end zone that Dolphins linebacker Koa Misi recovered to give Miami a 14-0 lead in the third quarter.

DOLPHINS	VIKINGS
14	10

"It's just hard to repeat those type of numbers and statistics and it's hard to repeat wins," Favre said of 2009, when the Vikings went 9-0 at home and he threw 33 touchdowns and seven interceptions to lead them to the NFC title game.

The offence had trouble clicking at the start of last season too, but games against pushovers Cleveland and Detroit helped the Vikings start 2-0.

This year, with openers against the New Orleans Saints and Dolphins, and with star receiver Sidney Rice out with a hip injury and several other key players missing big chunks of time in the pre-season with ailments, the Vikings have dug themselves quite a hole with sloppy performances on offence.

"It was more what we didn't do than what they did, but I give those guys credit," Favre said.

The 40-year-old Favre had his worst day as a Viking with a 44.3 quarterback rating. Two of his interceptions came at the Miami goal line. One came on a tipped ball and another on what appeared to be miscommunication with Bernard Berrian.

But the end result is the same — the Vikings are 0-2, with a game against the Detroit Lions before a daunting post-bye schedule awaits.

"I don't think any of these guys are panicked," coach Brad Childress said.

"But I do feel like the urgency will definitely pick up."

THE ASSOCIATED PRESS

Coach's heart attack follows OT win

Michigan State coach Mark Dantonio had a mild heart attack and was hospitalized yesterday morning, shortly after calling an audacious fake field goal to beat Notre Dame in overtime.

The 54-year-old Dantonio had surgery to put a stent in a blocked blood vessel leading to the heart. He's expected to remain in the hospital a few more days, and offensive co-ordinator Don Treadwell will lead the team during Dantonio's indefinite absence.

"This morning, in the very early hours, not long after the football game, coach Dantonio began experiencing some symptoms," said Dr. Chris D'Haem, who performed the relatively common procedure to restore blood flow. "Fortunately, his heart damage is very minimal. He's going to do very well and we're very optimistic he'll have a full recovery."

The Spartans defeated Notre Dame 34-31 in a game that ended just before midnight Saturday night. After Michigan State lined up for a 46-yard field goal that could have forced a second overtime, holder Aaron Bates threw a pass to Charlie Gantt for a winning touchdown.

D'Haem said Dantonio began experiencing symptoms of a heart problem around 12:30 a.m., including a squeezing sensation in his chest.

"Fortunately, he got in in a very timely fashion," D'Haem said.

THE ASSOCIATED PRESS

4 sports

Quoted



"It's always disappointing when the playoffs are starting and you're not one of the teams in it. We set out goals of making the playoffs and the World Series"

BLUE JAY JOHN MCDONALD, AFTER TORONTO WAS MATHEMATICALLY ELIMINATED FROM THE PLAYOFF RACE YESTERDAY WITH A 6-0 LOSS TO BOSTON.

AL BELLO/GETTY IMAGES



▶ Mark Sanchez

Sanchez shines in win over Patriots

Mark Sanchez and the New York Jets finally played like the team coach Rex Ryan says can win the Super Bowl.

Sanchez outdueled Tom Brady with a career-high three touchdown passes and the Jets overcame the loss of Darrelle Revis to beat the New England Patriots 28-14 yesterday.

Sanchez completed a career-high 21 passes on 30 attempts for 220 yards and connected with Braylon Edwards, Jerricho Cotchery and Dustin Keller for scores.

THE ASSOCIATED PRESS

5

Number of field goals made by Bengals kicker Mike Nugent in Cincinnati's 15-10 win over Baltimore, a career high for him. He connected from 36 and 30 yards for a 6-0 halftime lead, then from 46, 38 and 25 yards in the second half.



MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
New York	90	59	.604	—	—	4-6	L-1	49-25	41-34
Tampa Bay	89	59	.601	½	—	5-5	L-1	46-29	43-30
Boston	83	66	.557	7	6½	6-4	W-1	43-32	40-34
Toronto	75	74	.503	15	14½	3-7	L-1	39-33	36-41
Baltimore	59	90	.396	31	30½	6-4	W-1	34-43	25-47

CENTRAL DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
Minnesota	89	60	.597	—	—	7-3	L-1	49-25	40-35
Chicago	79	69	.534	9½	10	2-8	L-5	40-33	39-36
Detroit	74	74	.500	14½	15	6-4	W-2	47-28	27-46
Cleveland	62	87	.416	27	27½	5-5	L-1	32-42	30-45
Kansas City	61	87	.412	27½	28	4-6	W-1	34-40	27-47

WEST DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
Texas	83	65	.561	—	—	8-2	L-1	48-26	35-39
Oakland	74	74	.500	9	15	6-4	W-1	44-30	30-44
Los Angeles	73	76	.490	10½	16½	7-3	W-1	38-34	35-42
Seattle	57	92	.383	26½	32½	2-8	W-1	35-42	22-50

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
Philadelphia	89	61	.593	—	—	9-1	W-7	48-27	41-34
Atlanta	86	64	.573	3	—	6-4	W-3	52-23	34-41
New York	74	76	.493	15	12	5-5	L-3	44-30	30-46
Florida	73	75	.493	15	12	3-7	L-6	35-39	38-36
Washington	62	87	.416	26½	23½	2-8	L-3	35-36	27-51

CENTRAL DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
Cincinnati	84	66	.560	—	—	5-5	L-1	45-30	39-36
St. Louis	77	71	.520	6	8	4-6	W-1	46-28	31-43
Houston	72	77	.483	11½	13½	6-4	W-1	41-37	31-40
Milwaukee	69	79	.466	14	16	5-5	L-1	36-38	33-41
Chicago	68	81	.456	15½	17½	8-2	W-6	33-42	35-39
Pittsburgh	51	98	.342	32½	34½	4-6	W-3	36-39	15-59

WEST DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
San Francisco	84	66	.560	—	—	6-4	W-1	45-30	39-36
San Diego	83	66	.557	½	2½	4-6	L-1	42-32	41-34
Colorado	82	67	.550	1½	3½	7-3	L-1	51-24	31-43
Los Angeles	73	77	.487	11	13	4-6	W-1	42-33	31-44
Arizona	59	91	.393	25	27	2-8	L-3	35-40	24-51

AMERICAN LEAGUE

Yesterday's results
Boston 6 Toronto 0
Baltimore 4 N.Y. Yankees 3 (11 ings)
L.A. Angels 6 Tampa Bay 3
Kansas City 6 Cleveland 4
Oakland 6 Minnesota 2
Seattle 2 Texas 1
Detroit at Chicago White Sox
Saturday's results
Toronto 4 Boston 3
Minnesota 4 Oakland 2
Detroit 6 Chicago White Sox 3
N.Y. Yankees 11 Baltimore 3
Cleveland 6 Kansas City 4
Tampa Bay 4 L.A. Angels 3 (10 ings)
Texas 6 Seattle 1
Tonight's games
(All times Eastern)
Kansas City (Greinke 9-12) at Detroit (Porcello 9-11), 7:05 p.m.
Tampa Bay (Garza 14-8) at N.Y. Yankees (Nova 1-0), 7:05 p.m.
Baltimore (Matusz 8-12) at Boston (Matsuzaka 9-5), 7:10 p.m.
Cleveland (J.Gomez 3-4) at Minnesota (Duensing 9-2), 8:10 p.m.
Chicago White Sox (Floyd 10-13) at Oakland (G.Gonzalez 14-9), 10:05 p.m.
Texas (D.Holland 3-3) at L.A. Angels (Jer.Weaver 12-11), 10:05 p.m.
Tomorrow's games
Kansas City at Detroit, 7:05 p.m.
Tampa Bay at N.Y. Yankees, 7:05 p.m.
Seattle at Toronto, 7:07 p.m.
Baltimore at Boston, 7:10 p.m.
Cleveland at Minnesota, 8:10 p.m.
Chicago White Sox at Oakland, 10:05 p.m.
Texas at L.A. Angels, 10:05 p.m.

NATIONAL LEAGUE

Yesterday's results
Atlanta 6 N.Y. Mets 3
Chicago Cubs 13 Florida 3
Pittsburgh 4 Arizona 3
Philadelphia 7 Washington 6
Houston 4 Cincinnati 3
St. Louis 4 San Diego 1
San Francisco 9 Milwaukee 2
L.A. Dodgers 7 Colorado 6 (11 ings)
Saturday's results
Atlanta 4 N.Y. Mets 2
Colorado 12 L.A. Dodgers 2
San Diego 8 St. Louis 4
Pittsburgh 9 Arizona 6
Cincinnati 11 Houston 1
Philadelphia 5 Washington 2
Chicago Cubs 5 Florida 3
Milwaukee 2 San Francisco 1
Today's games
St. Louis (C.Carpenter 15-7) at Florida (Volstad 9-9), 3:10 p.m.
Atlanta (Jurrjens 7-6) at Philadelphia (Hamels 11-10), 7:05 p.m.
Houston (Norris 8-8) at Washington (Li.Hernandez 10-11), 7:05 p.m.
Cincinnati (H.Bailey 3-3) at Milwaukee (Capuano 3-4), 8:10 p.m.
Tomorrow's games
Atlanta at Philadelphia, 7:05 p.m.
Houston at Washington, 7:05 p.m.
St. Louis at Pittsburgh, 7:05 p.m.
N.Y. Mets at Florida, 7:10 p.m.
San Francisco at Chicago Cubs, 8:05 p.m.
Cincinnati at Milwaukee, 8:10 p.m.
Colorado at Arizona, 9:40 p.m.
San Diego at L.A. Dodgers, 10:10 p.m.

WILD CARD

AMERICAN LEAGUE

	W	L	Pct	GB
Tampa Bay	89	59	.601	-
Boston	83	66	.557	6.5
Chi White Sox	79	69	.534	10.0

NATIONAL LEAGUE

	W	L	Pct	GB
Atlanta	86	64	.573	-
San Diego	83	66	.557	2.5
Colorado	82	67	.550	3.5
St. Louis	77	71	.520	8.0
NY Mets	74	76	.493	12.0

AMERICAN LEAGUE

RED SOX 6, BLUE JAYS 0

Toronto	ab	r	h	bi	Boston	ab	r	h	bi
McCoy lf	2	0	1	0	Kalish cf	4	0	0	0
YEscor ss	3	0	0	0	J.Drew rf	4	1	1	2
JBautst rf	4	0	0	0	Reddck rf	0	0	0	0
V.Wells cf	4	0	1	0	VMrtnz c	4	1	2	1
Overay 1b	4	0	1	0	D.Ortiz dh	4	0	0	0
J.Buck c	4	0	0	0	Lowell 1b	4	0	1	0
Encrnc 3b	4	0	0	0	LAndrs 1b	0	0	0	0
Arencii dh	3	0	0	0	Lowrie ss	4	1	1	0
JMcDnl 2b	4	0	2	0	Hall 2b	4	1	2	0
Nava lf	3	1	1	1					
YNavrr 3b	2	1	1	1					
Totals	**32**	**0**	**5**	**0**	**Totals**		**3**	**3**	**6**	**9**	**5**
Toronto						**000**	**000**	**000**	**0**
Boston						**000**	**150**	**00x**	**6**

E—McCoy (2). LOB—Toronto 9, Boston 4. 2B—Hall (12), Nava (13). HR—J.Drew (19), V.Martinez (18).

Toronto	IP	H	R	ER	BB	SO
Marcum L,12-8	5 1-3	9	6	6	0	3
Mills	1 2-3	0	0	0	1	0
T.Buchholz	1	0	0	0	0	0
Boston						
Lester W,18-8	7	4	0	0	4	4
Atchison	1	1	0	0	0	1
Coello	1	0	0	0	0	1

Umpires—Home, Greg Gibson; First, Brian Knight; Second, Gerry Davis; Third, Sam Holbrook.
T—2:37. A—37,234 (37,402) at Boston.

CFL

WEEK 12

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Montreal	11	8	3	0	344	250	16
Hamilton	11	6	5	0	270	286	12
Toronto	11	6	5	0	237	293	12
Winnipeg	11	3	8	0	291	290	6

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
Calgary	11	9	2	0	396	245	18
Saskatchewan	11	7	4	0	321	304	14
B.C.	11	3	8	0	276	295	6
Edmonton	11	2	9	0	200	372	4

Yesterday's results
Toronto 17 Winnipeg 13
Montreal 31 Edmonton 14
Saturday's result
Hamilton 35 B.C. 31
Friday's result
Saskatchewan 43 Calgary 37 (OT)

WEEK 13

Friday, Sept. 24
Montreal at Winnipeg, 8 p.m.
Saturday, Sept. 25
Saskatchewan at Hamilton, 6:30 p.m.
B.C. at Calgary, 9:30 p.m.
Sunday, Sept. 26
Edmonton vs. Toronto (at Moncton, N.B.), 12 p.m.

BETTING

PRO LINE LOTTERY ODDS

MONDAY, SEPT. 20

No.	SPT	VIS	HOME	V+	V	T	H	H+	O	#	U
16	FTB	NWO	SF	2.00	1.50	3.50	3.70	4.80	1.80	44.5	1.60
40	BBL	STL	FLA	1.75	1.45	3.00	2.10	2.50	2.00	8.5	1.50
41	BBL	ATL	PHI	2.60	2.20	3.00	1.40	1.70	2.00	8.5	1.50
42	BBH	JHEY	UTLY	2.40	2.20	3.00	2.00	2.20	—	—	—
43	BBL	HOU	WAS	2.40	2.00	3.00	1.50	1.80	1.90	8.5	1.55
44	BBL	KC	DET	2.20	1.80	2.80	1.60	1.90	—	—	—
45	BBL	TB	NYY	2.20	1.80	2.80	1.60	1.90	1.80	9.5	1.60
46	BBH	CRAW	RCAN	2.60	2.30	3.20	1.90	2.10	—	—	—
47	BBL	BAL	BOS	2.60	2.20	3.00	1.40	1.70	1.80	9.5	1.60
48	BBL	CIN	MIL	1.85	1.55	2.90	1.90	2.30	1.60	8.5	1.80
49	BBH	JVOT	FIEL	2.00	1.80	3.40	2.40	2.80	—	—	—
50	BBL	CLE	MIN	3.60	2.80	3.20	1.20	1.30	1.80	8.5	1.60
51	BBL	CWS	OAK	2.50	2.10	3.00	1.45	1.75	—	—	—
52	BBL	TEX	LAA	2.50	2.10	3.00	1.45	1.75	—	—	—
88	SCR	GETF	DEP	—	2.80	3.00	2.20	—	—	—	—

In the event of any discrepancy between this information and odds available from OLG, the latter shall prevail.

NFL

WEEK 2

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Miami	2	0	0	1.000	29	20
N.Y. Jets	1	1	0	.500	37	24
New England	1	1	0	.500	52	52
Buffalo	0	2	0	.000	17	49

SOUTH

	W	L	T	Pct	PF	PA
Houston	2	0	0	1.000	64	51
Jacksonville	1	1	0	.500	37	55
Tennessee	1	1	0	.500	49	32
Indianapolis	0	1	0	.000	24	34

NORTH

	W	L	T	Pct	PF	PA
Pittsburgh	2	0	0	1.000	34	20
Cincinnati	1	1	0	.500	39	48
Baltimore	1	1	0	.500	20	24
Cleveland	0	2	0	.000	28	33

WEST

	W	L	T	Pct	PF	PA
Kansas City	2	0	0	1.000	37	28
San Diego	1	1	0	.500	52	34
Denver	1	1	0	.500	48	38
Oakland	1	1	0	.500	29	52

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
N.Y. Giants	1	0	0	1.000	31	18
Philadelphia	1	1	0	.500	55	59
Washington	1	1	0	.500	40	37
Dallas	0	2	0	.000	27	40

SOUTH

	W	L	T	Pct	PF	PA
Tampa Bay	2	0	0	1.000	37	21
New Orleans	1	0	0	1.000	14	9
Atlanta	1	1	0	.500	50	22
Carolina	0	2	0	.000	25	51

NORTH

	W	L	T	Pct	PF	PA
Chicago	2	0	0	1.000	46	34
Green Bay	2	0	0	1.000	61	27
Detroit	0	2	0	.000	46	54
Minnesota	0	2	0	.000	19	28

WEST

	W	L	T	Pct	PF	PA
Seattle	1	1	0	.500	45	37
Arizona	1	1	0	.500	24	54
San Francisco	0	1	0	.000	6	31
St. Louis	0	2	0	.000	27	33

Yesterday's results
Atlanta 41 Arizona 7
Chicago 27 Dallas 20
Cincinnati 15 Baltimore 10
Denver 31 Seattle 14
Green Bay 34 Buffalo 7
Houston 30 Washington 27 (OT)
Kansas City 16 Cleveland 14
Miami 14 Minnesota 10
N.Y. Jets 28 New England 14
Oakland 16 St. Louis 14
Philadelphia 35 Detroit 32
Pittsburgh 19 Tennessee 11
San Diego 38 Jacksonville 13
Tampa Bay 20 Carolina 7
N.Y. Giants at Indianapolis
Tonight's game
New Orleans at San Francisco, 8:30 p.m.

GOLF

NATIONWIDE BOISE OPEN

At Boise, Idaho
Par 71
Final Round

Hunter Haas, $130,500	68-64-67-64—263
Daniel Summerhays, $78,300	67-65-64-68—264
Jhonattan Vegas, $34,800	68-66-67-66—267
Keegan Bradley, $34,800	66-67-66-68—267
Kirk Triplett, $34,800	67-66-65-69—267
John Mallinger, $34,800	68-66-64-69—267
Jamie Lovemark, $23,381	66-70-68-64—268
Patrick Sheehan, $23,381	69-66-67-66—268
D.J. Brigman, $18,850	67-68-68-66—269
Brendan Steele, $18,850	71-65-67-66—269
Jonathan Kaye, $18,850	68-68-67-66—269
Kyle Stanley, $18,850	66-68-68-67—269
Bobby Gates, $14,500	68-67-70-65—270
Zack Miller, $14,500	67-69-65-69—270
Kevin Chappell, $11,600	67-69-69-66—271
Mark Anderson, $11,600	69-66-68-68—271
Jeff Gove, $11,600	71-66-66-68—271
Michael Putnam, $11,600	66-64-72-69—271
Peter Tomasulo, $11,600	65-63-71-72—271
Jarrod Lyle, $8,149	68-69-70-65—272
Gavin Coles, $8,149	65-69-69-69—272
Scott Parel, $8,149	67-67-69-69—272
Also	
Barrett Jarosch, $5,531	**64-69-71-69—273**
David Hearn, $2,741	**67-69-70-70—276**
Ted Brown, $2,266	**72-64-72-71—279**

CYCLING

SPANISH VUELTA

At Madrid
Final Stage
1. Tyler Farrar, U.S., Garmin-Slipstream, 2 hours, 2 minutes, 24 seconds; 2. Mark Cavendish, Britain, Team HTC-Columbia, same time; 3. Allan Davis, Australia, Astana, same time; 4. Wouter Weylandt, Belgium, Quick-step, same time; 5. Matthew Harley Goss, Australia, HTC-Columbia, same time;
Final Standings
Individual (Red Jersey)
1. Vincenzo Nibali, Italy, Liquigas-Doimo, 87 hours, 18 minutes, 33 seconds; 2. Ezequiel Mosquera, Spain, Xacobeo Galicia, 41 seconds behind; 3. Peter Velilts, Slovakia, HTC-Columbia, 3:02; 4. Joaquin Rodriguez, Spain, Team Katusha, 4:20; 5. Frank Schleck, Luxembourg, Team Saxo Bank, 4:43
Team (Grey Bib)
1. Team Katusha, 261 hours, 48 minutes, 4 seconds; 2. Caisse d'Epargne, 33 seconds behind; 3. Xacobeo Galicia, 12:33

TENNIS

WTA BELL CHALLENGE

At Quebec City
Yesterday's results
Singles
Championship
Tamira Paszek, Austria, def. Bethanie Mattek-Sands, U.S., 7-6 (6), 2-6, 7-5.
Doubles
Championship
Sofia Arvidsson and Johanna Larsson, Sweden, def. Bethanie Mattek-Sands, U.S., and Barbora Zahlavova Strycova (1), Czech Republic, 6-1, 2-6, 10-6 tiebreak.

WTA TOUR GUANGZHOU INT'L OPEN

At Guangzhou, China
Yesterday's results
Singles
Champiosnhip
Jarmila Groth (1), Australia, def. Alla Kudryavtseva, Russia, 6-1, 6-4.
Doubles
Championship
Edina Gallovits, Romania, and Sania Mirza, India, def. Han Xinyun and Liu Wanting, China, 7-5, 6-3.

TRANSACTIONS

FOOTBALL

NFL

NEW ENGLAND PATRIOTS — Signed RB-WR Danny Woodhead.

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Columbus	25	13	7	5	33	27	44
New York	25	13	8	4	32	27	41
Toronto FC	25	8	10	7	24	28	31
Kansas City	23	8	9	6	24	24	30
Chicago	23	6	9	8	28	31	26
New England	24	7	14	3	24	41	24
Philadelphia	24	6	12	6	27	39	24
D.C.	25	5	17	3	17	39	18

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Los Angeles	25	15	5	5	38	19	50
Real Salt Lake	25	13	4	8	38	16	47
FC Dallas	24	11	2	11	31	19	44
Colorado	24	10	7	7	32	24	37
San Jose	23	10	7	6	25	23	36
Seattle	25	10	9	6	30	29	36
Chivas USA	24	7	13	4	25	31	25
Houston	24	6	13	5	29	40	23

Yesterday's result
Kansas City 2 Chivas USA 0
Saturday's results
Toronto FC 2 Houston 1
Colorado 3 New England 0
Los Angeles 2 D.C. United 1
Real Salt Lake 1 Chicago 0
Seattle FC 4 Columbus 0

ENGLAND

PREMIER LEAGUE

Yesterday's results
Manchester United 3 Liverpool 2
Wigan 0 Manchester City 2
Chelsea 4 Blackpool 0
Saturday's results
Stoke 1 West Ham 1
Aston Villa 1 Bolton 1
Blackburn 1 Fulham 1
Everton 0 Newcastle 1
Tottenham 3 Wolverhampton Wanderers 1
West Bromwich Albion 3 Birmingham 1
Sunderland 1 Arsenal 1

ITALY

SERIE A

Yesterday's results
Bari 0 Cagliari 0
Cesena 1 Lecce 0
Chievo Verona 0 Brescia 1
Palermo 1 Inter Milan 2
Parma 1 Genoa 1
AS Roma 2 Bologna 2
Udinese 0 Juventus 4
Sampdoria 1 Napoli 2
Saturday's results
Fiorentina 1 Lazio 2
AC Milan 1 Catania 1

SPAIN

LA LIGA

Yesterday's results
Hercules 1 Valencia 2
Racing Santander 2 Zaragoza 0
Levante 1 Villarreal 2
Atletico Madrid 1 Barcelona 2
Malaga 1 Sevilla 2
Saturday's results
Espanyol 1 Almeria 0
Mallorca 2 Osasuna 0
Sporting Gijon 2 Athletic Bilbao 2
Real Sociedad 1 Real Madrid 2

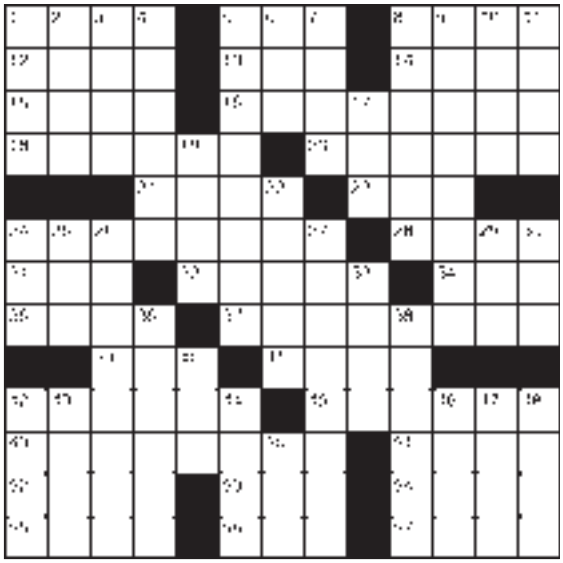
GERMANY

BUNDESLIGA

Yesterday's results
St. Pauli 1 Hamburg 1
Schalke 1 Borussia Dortmund 3
Bayer Leverkusen 0 Nuremberg 0
Saturday's results
Bayern Munich 0 Cologne 0
Werder Bremen 0 Mainz 2
Stuttgart 7 Borussia Moenchengladbach 0
Wolfsburg 2 Hannover 0
Kaiserslautern 2 Hoffenheim 2

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Crossword



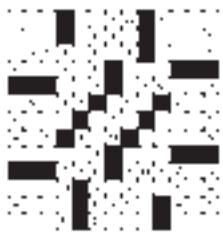
Across

1 Ochocinco of the NFL
5 Half a score
8 Slam-dance
12 Tax
13 "— Little Teapot"
14 Busy with
15 Ugandan despot
16 One of the Caesars
18 Render weaponless
20 Broken-bone support
21 Tsp. or tbsp.
23 [With errors unchanged]
24 Monarch with limitless power
28 Pinches
31 Eisenhower
32 Forest trees
34 Rd.
35 Reps.' rivals
37 Group of spectators
39 Energy
41 "Grease" actress Conn
42 Showed off the muscles
45 Country
49 Viennese, for instance
51 Base runner's goal
52 Assess
53 Needle hole
54 Rams' mates
55 Has to
56 Aachen article
57 Carry on

Down

1 Dressed (in)
2 Half (Pref.)
3 Bird, to Brutus
4 Forceful person
5 Jamaican coffee liqueur
6 Ostrich's cousin
7 Complains constantly
8 Curtain fabric
9 One with a lot of contacts?
10 Dazzle
11 Emcee
17 Boom times
19 LP's and CD's (Abbr.)
22 Health (Sp.)
24 Help
25 43-Down musicmaker
26 Storms
27 Swanson product
29 Insulation material, for short
30 Witness
33 Verdi opera
36 Two trios
38 This or that, it doesn't matter which
40 Apiece
42 MacDonald's place
43 Waikiki wingding
44 Conked out
46 "The Music Man" setting
47 Portent
48 Bird's home
50 Nay opposer

▶ Yesterday's answer



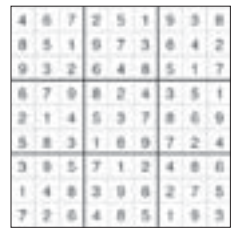
Sudoku

		9				6		
	5	2	3		6	1	9	
4	1						7	3
			9	8	2			
				7				
			1	6	5			
9	6						1	7
	3	8	5		7	2	4	
		7				3		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶



Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Dear Buntsy, You made me the happiest girl in the world, defined my life and I'd be incomplete without you. We started out under the stars and look how far we've come, happy one year babe! I love you so much! **YOUR ONE AND ONLY, BILLSY**

Snugglemuffin, you are the Justin to my Bieber. You are my little sassy cutie pie. You mean everything to me. Please stay with me forever.. and ever. **LOVE, GUBE.**

Ryan, through the year that we've been together, I love you more each day. You always have a way to make me smile, and you make me truly happy. I cannot picture my life without you, you will always be special to me. I love you so much boo. xo **LOLGA**

Nick G.....you are the biggest sweetie. Can't wait to see you again. xoxo **PATTI DU JOUR**



Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 No matter what happens over the next few days you must not let anything get to you emotionally. Not that anything drastic is likely to happen but expect some interesting challenges.

♉ Taurus April 21-May 21 Make a conscious effort to control your response. Don't react to provocation. The main danger now is that if you go too far you will make enemies of people who should have been friends.

♊ Gemini May 22-June 21 It's good to be assertive but not so good to be aggressive, so watch how you act today. More importantly, watch how you react to people who seem slow or stupid.

♋ Cancer June 22-July 22 You may get tempted to act in ways that not only run contrary to your beliefs but also to what is in your best interests. Imagine the powers that be are watching you every moment — and act accordingly.

♌ Leo July 23-Aug.23 You won't be able to come and go as you please today, and your options are likely to be limited until Thursday. After that though you can do as you please.

♍ Virgo Aug. 24- Sept. 22 Cosmic activity in and around the money area of your chart makes this a good time to improve your cash flow situation. However, you must not do anything rash. Your plans must be sensible.

♎ Libra Sept. 23-Oct. 23 You need to get tough with someone who is trying to play on your emotions — and, by the look of things, succeeding quite well. Don't waste time being subtle.

♏ Scorpio Oct. 24-Nov. 22 No one expects you to be good at everything so why expect it of yourself? If you pretend to know what you are doing today you will regret it.Ask for assistance and you'll get it.

♐ Sagittarius Nov. 23-Dec. 21 Fate seems to be smiling on you at the moment and it will smile even more on the 23rd. However, don't take too much for granted and don't push your luck too far today. Smiles can fade.

♑ Capricorn Dec. 22-Jan. 20 What happens over the next few days will do wonders for your reputation, so long as you know what it is that you want and so long as you are ready to seize the opportunity when it arrives.

♒ Aquarius Jan. 21-Feb. 18 Even if you say something outrageous today you will most likely get away with it, but only in the short-term. Make sure you think before you speak.

♓ Pisces Feb. 19-March 20 Issues to do with your wealth will figure prominently this week, but whether that is a good or a bad thing depends on the decisions you make today and tomorrow.

SALLY BROMPTON

Caption contest

CHRIS O'MEARA/THE ASSOCIATED PRESS



WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

MATTHIAS SCHRADER/THE ASSOCIATED PRESS







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10 Accent
- Load, A/C, Auto
- st: 31173
- km: 42912

$10,750
$87*** Bi-weekly

07 Mazda3
- A/C, Std
- st: 29278
- km: 73424

$10,670
$97*** Bi-weekly

06 Pathfinder SE
- 4WD, Load, A/C
- st: 28503
- km: 82663

$19,850
$209* Bi-weekly

10 Accord LX
- Load, A/C, Auto
- st: 31038
- km: 1588

$23,830
$184*** Bi-weekly

06 Matrix
- A/C, Std
- st: 29661
- km: 77004

$8,860
$93* Bi-weekly

09 Nissan Sentra
- A/C, Auto
- st: 29985
- km: 56040

$12,350
$100*** Bi-weekly

06 Outback S/W
- Load, A/C, Std
- st: 31079
- km: 98095

$13,840
$146* Bi-weekly

08 Pontiac G5
- A/C, Auto
- st: 29152
- km: 59693

$8,750
$71*** Bi-weekly

10 Camry LE
- Load, A/C, Auto
- st: 29736
- km: 31787

$19,840
$161*** Bi-weekly

07 Caliber SXT
- Load, A/C, Std
- st: 29604
- km: 79217

$9,940
$91** Bi-weekly

07 Rabbit
- Load, A/C, Roof, Std
- st: 31059
- km: 69949

$12,860
$117** Bi-weekly

07 Civic Coupe
- Load, A/C, Std
- st: 31075
- km: 48029

$11,840
$108** Bi-weekly

10 Volvo S40
- Load, A/C, Std
- st: 29898
- km: 15141

$25,890
$200*** Bi-weekly

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10 Corolla LE
- Load, A/C
- st: 29489
- km: 30257

$17,850
$144*** Bi-weekly

08 Mazda Tribute
- Load, A/C, Auto
- st: 29529
- km: 54497

$17,950
$145*** Bi-weekly

07 Dakota SLT Magnum
- 4x4, Load, A/C
- st: 29894
- km: 94964

$15,860
$144** Bi-weekly

07 Ford Ranger
- A/C, Auto
- st: 31193
- km: 46486

$12,980
$118** Bi-weekly

06 Mazda B4000
- 4x4, Load, A/C, Std
- st: 29776
- km: 66626

$13,350
$141* Bi-weekly

07 Econoline E250
- Super Duty, A/C
- st: 28294
- km: 75138

$17,360
$158** Bi-weekly

10 Dodge Journey
- Load, A/C
- st: 29473
- km: 20291

$18,850
$161*** Bi-weekly

09 Kia Rio
- Load, A/C, Auto
- st: 31176
- km: 55711

$9,960
$81*** Bi-weekly

06 GMC Canyon
- 4x4, A/C, Auto
- st: 29365
- km: 43250

$15,950
$168* Bi-weekly

06 Avalanche Z71
- 4x4, Load, A/C
- st: 29674
- km: 76635

$19,650
$207* Bi-weekly

06 Sierra 1500 Z71
- 4x4, Auto, Load, A/C
- st: 29204
- km: 40533

$21,850
$223* Bi-weekly

08 Ridgeline RTL
- 4x4, Load Lthr, Roof
- st: 28708
- km: 17184

$32,890
$254*** Bi-weekly

06 Escape 4WD
- Load, A/C, Auto
- st: 29949
- km: 101805

$11,970
$126* Bi-weekly

07 Sienna
- Load, A/C
- st: 29879
- km: 90921

$15,870
$145** Bi-weekly

07 Raider LS
- Load, A/C, Auto
- st: 28990
- km: 37060

$17,890
$163* Bi-weekly

09 Frontier SE
- 4x4, Load A/C, Auto
- st: 28694
- km: 32182

$25,980
$201*** Bi-weekly

07 Tundra SR5
- 4x4, A/C, Auto
- st: 28556
- km: 47596

$29,850
$261*** Bi-weekly

08 Tacoma 4x4
- Load, A/C, Auto
- st: 29908
- km: 23590

$28,870
$223*** Bi-weekly

06 Audi A4 Cabriolet
- Load, A/C, Lthr
- st: 29929
- km: 56107

$27,940
$285* Bi-weekly

06 Tucson
- Load, A/C Auto
- st: 29878
- km: 80243

$10,650
$112* Bi-weekly

10 Ford F-150
- 4x4, Load, A/C
- st: 29976
- km: 34488

$25,840
$200*** Bi-weekly

09 Chevrolet G15
- A/C
- st: 28312
- km: 38582

$21,860
$169*** Bi-weekly

09 Dodge Ram SLT
- 4x4, Load, A/C, Auto
- st: 29827
- km: 58042

$24,950
$193*** Bi-weekly

06 Avalanche Z71
- 4x4, Load, A/C
- st: 29674
- km: 76635

$19,650
$207* Bi-weekly

07 Mazda5
- Load, A/C, Auto
- st: 31109
- km: 60468

$14,940
$136** Bi-weekly

09 Jeep Liberty
- 4WD, Load, A/C, Auto
- st: 29150
- km: 55813

$17,950
$145*** Bi-weekly

06 Altima 2.5S
- Load, A/C, Auto
- st: 31136
- km: 97046

$10,640
$112* Bi-weekly

08 Acura CSX NAV
- Load, Auto Roof, Lthr
- st: 29786
- km: 72230

$16,950
$137*** Bi-weekly

06 Santa Fe
- Load, A/C, Std
- st: 31096
- km: 75697

$10,480
$110* Bi-weekly

07 Yaris
- Std
- st: 29044
- km: 77412

$8,350
$76** Bi-weekly

08 Saturn Astra
- Load, A/C, Std
- st: 31078
- km: 48832

$10,980
$89*** Bi-weekly

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